

ALERTNESS PHYSICAL AND MENTAL = RESULT OF DANCING

SAYS

Antoinette Donnelly

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WOULD you be both mentally and physically alert? Not the round shouldered, pale faced student type that haunts the halls of learning, nor yet a pugilistic variety, but the healthy, graceful, normal, wide-awake woman God meant you to be? Then dance, dance, and dance!

No matter what your walk in life, you will be benefited by practicing a few simple dancing exercises every morning. If a business woman, your brain will be all the clearer for the day's work. If a housewife, you will keep yourself young by so doing because in these movements you use muscles that will otherwise grow stiff. For "grace is efficiency," and you cannot be graceful until you have learned to use your brain properly.

We must all take into consideration these words: "A woman is as old as her back is."

"And how, pray, am I to keep my back young?" asks the tired mother, the worn-out shop girl, the "bushed" society woman, and a chorus of others.

You pay good money to see the far famed Pavlova dance, you rave over the plastic poses of Isadora Duncan, you delight in the daintiness of Genee. Had you ever wondered why they are so muscularly versatile? In most women of forty (not saying this applies to any of the above) there is an utter lack of ease of motion which amounts to plain awkwardness. These women have been doing the same thing day in and day out, using the same muscles until the unused ones have become well nigh atrophied. And how their backs and sometimes their heads have ached!

Question: How many ever thought of deroting a few minutes each day to exercises embodying movements other than those used in the daily routine? The fact remains that suppleness of body and alertness of brain can only be maintained through exercising the body in unhabitual ways. In time, don't you believe, a slouchy walk and a bent carriage will result in careless mental habits? Science says so. The young woman with the pretty face can't depend upon this attribute to keep her active and alert, if she has acquired the "debutante slouch."

You tired backs, slouchy walks, and dull brains, again I say, dance, dance, and keep on dancing! No matter if you have to dance in your kitchen to the refrains of a passing street piano, do it.

Do I hear that tired chorus saying, "I can't do any other exercises, I'm too tired"?

Then you can just go on having your tired backs and be old ladies at 40, say I. Thousands of you are willing to spend hard earned money on "beautifying" your faces and give oodles of your precious time for this purpose, but if it comes to exercise, then you are too tired. True, it does take will power and you have to work those habit cells over time at first, but

you can do it. And in an inconceivably short time you will be on the other side of the fence.

If you are willing to practice regularly a few graceful dancing steps, you cannot help but walk attractively, for your movements will come naturally with the rhythm. And not only will your walk be more graceful, but your back will become young and your eyes will sparkle with a new light!

A noted authority in speaking of the influence of rhythmical body movements says: "It is probable that man gets nearer his lost paradise when he is dancing than at any other time. If a person is nervously tired, he should dance the minute; if he is apathetic, something faster. Dancing has great curative powers. Both men and women at 50 and even 80 ought to dance."

Activity is the basis of all growth, a fact to which mothers of growing children will heartily testify. We grow mentally as well as physically by activity. Then why cease the physical when we feel that the mental heights have been reached? If you would retain your youthfulness, dance, dance, and dance.

Granted that all forms of outdoor exer-



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ter far for you to take either private or class lessons if you are not at all familiar with aesthetic dancing, until you have learned the rudiments, then the daily practice is up to you, no matter how many regular dances you attend.

If you haven't the will power to do the exercises alone every day join a regular class or some dancing club, but don't miss your step on the off days. I know it's true that the more interesting an exercise is made, the more energy and enthusiasm you will put into it, with consequently better results.

The best scientific authorities will tell you that dancing is a distinct aid to good health, hence a clear brain. For it brings into simultaneous action more muscles than any other form of gymnastics. This, of course, includes the muscles which most largely support the body, those of the waist and abdomen and arms and legs.

What makes dancing so exceedingly valuable as an exercise is the easy repetition of the movements. When you practice other exercises you are apt to stop at about the twenty-fifth "repeat," while in dancing you bring the same muscles into active play hundreds of times.

Suffering from heart trouble, the real kind? Then don't do the race horse kind of dancing. Be moderate. Specialize on dances that require bending of the body and raising, and lowering the arms.

If your digestion is giving you sleepless nights and weary days, dance with all the speed you can muster up; include all of the fancy bends and curves. For people who lead sedentary lives, dancing is a real necessity. You, as a class, unconsciously become flat footed, then heavy hearted, and naturally

heavy headed, then you are apt to lose your job. Mark my word, digestion will be aided from the very joy of dancing if you fling yourself into it heart and soul. These walking to time dances are not to be in your list. Study your kind of dances just as you peruse the medicine cabinet and in time you won't need the latter.

Antoinette Donnelly's Answers to Inquiries.

LUCILE: A good hair tonic would be more agreeable to use than kerosene. It often takes some time for the odor of kerosene to disappear. Try this tonic, applying it with a medicine dropper: Tincture of cantharides, two drams; tincture of capsicum, two drams; cologne water, one ounce, and of olive oil a sufficient quantity to make four ounces. Mix well and apply at night. Continue the treatment until your hair becomes glossy and full of life.

EDITH: If you do not like to wear long sleeves or do not try to protect your arms I do not see much use in trying to remove the tan, because it will come back again. This is a good bleach: Lactic acid, one fluid ounce; glycerin, two fluid ounces; tincture of benzoin, two fluid drams, and water enough to make sixteen fluid ounces. Rub your arms with cold cream and then dust them with powder before you go down to the beach and they will not be so liable to tan.

LILA: I shouldn't try to do anything to reduce my face if I were you. If you work with your face you will make it flabby and wrinkled. Just think how fortunate you are to have been at the shore all summer and gained in weight and health. I am sure you will be the envy of all your city friends when you return.

CLARA C.: No, green soap will not make hair grow on the face. Glycerin should not be used alone on the skin. It is irritating.

M. M.: Cocoa butter is most too heavy for the face. I suggest your using a good cold cream or skin food instead. No, lemon juice does not make hair grow on the face. Yes, vaseline will promote the growth of the eyebrows. Use the yellow vaseline. Lack of space will not permit my printing the instructions for deep breathing and for keeping the neck young and beautiful, but I shall be happy to mail them to you if you will send me a stamped, addressed envelope.

RUTH: This is a good lotion, not only for enlarged pores, but for an oily skin: Orange flower water, six ounces; tincture of benzoin, one-half ounce; witch hazel, two ounces. Mix the witch hazel and the orange flower water, shake lightly, and add to the tincture of benzoin. Apply this wash with a

of absorbent cotton night and morning. Before using the lotion scrub your face in hot water and soap, rinse off with warm water then apply.

of lemon in a glass of water every morning before breakfast is good for the liver. Drink lots of water between meals. Guard against constipation. Striped materials make a short person appear taller. Do not wear checks or plaids. Yes, I have a formula for removing tan and freckles. I shall be glad to mail it to you if you will send me a stamped, addressed envelope.

FREDA: You will not be able to get your health back while you are worrying all the time. Get lots of sleep, fresh air, and sunshine. Do not exercise unnecessarily. Eat fat producing foods and drink water between meals. Retire before midnight and get ten hours' sleep, and take a nap in the afternoon if you are situated so you can. I shall be glad to send you my dietary for gaining flesh if you will send me a stamped, addressed envelope.

figure, and keep the physique in perfect condition. You needn't study up a number of steps. Just try to make every movement harmonious and graceful. Remember always that line is grace. Learn above all things to relax. Dance as if you loved it. Think of freedom and express it. Doesn't it follow as the proverbial "night," etc., that you will do your work better no matter what your walk in life?

Not only should weary backs, slouchy walks, and tired brains be interested in this little preachment—it's also for the benefit of the unfortunate mortal with the scrawny neck and arms. No woman need have them if she but add dancing to her daily program, practice deep breathing, and study her health more than her complexion.

Quit envying the beautiful neck and arms of the woman in that front box. Practice dancing and have them yourself.

Now, I'm not saying "Go to a dance every night and dance every dance." That's not the point. The wise man practices moderation in all things, so it is with dancing. Bet-

Maudie Martin
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